West Virginia Diabetes Symposium and Workshop:
Bridging the Gap with Education
May 4-6, 2016
Waterfront Place Hotel, Morgantown, WV
Register at http://dsw.ext.wvu.edu/
For Event Information Contact (304) 293-8588

Pharmacy Learning Objectives
Continuing Pharmacy Education (CPE) Accredited - Total of 13.0 hours

Pre-conference Workshop Learning Objectives
Wednesday, May 4, 2016, 8:30 am – 11:45 am (Includes 15 minute break, Total of 3.00 hours CPE credit possible)

Workshop 1: Gentle Yoga Leader Training - Chair Exercise Program
Marie Gravely and Shelia Plogger
No Pharmacy CE Credit Available For Workshop #1

- Describe how lay leaders are trained to lead the Gentle Yoga Program.
- Experience how simple yoga exercises can improve range of motion and relieve tension including breathing, stretching and exercise.
- Participants will be qualified to lead the Gentle Yoga program in their communities.

Workshop 2: Building Community Support
Marie Arnot, Vickie Hatfield, Dana Wright, Gina Justice and Melissa Justice
No Pharmacy CE Credit Available For Workshop #2

- Explain the positive impacts of community collaborations to improve health environments in rural communities.
- Create a vision of how to develop a culture of health in their individual communities.
- Identify resource information (grants, agency information, et cetera) that will help sustain health initiatives in their community.

Workshop 3: Living with Diabetes: The Economic Challenge
Sarah Edwards and Lauren Prinzo
ACPE UAN 0072-9999-16-034-L04-P (3.0 hours application-based CPE credit)

- State the importance of considering finances when determining a course of action for people living with diabetes.
- Identify financial considerations and best practices for medication, testing supplies, and food/nutrition.
- Utilize actual patient case studies to determine the best financial course of action.
- Identify potential resources for financial assistance with medication, testing supplies, and food/nutrition.
Conference Learning Objectives

Wednesday, May 4, 2016, 1:45 pm – 5:00 pm (Total of 3.0 hours CPE credit possible)

1:45 to 2:45 p.m.
Poverty and homelessness complicating Diabetes management
Timothy Jackson, M.D.
ACPE UAN 0072-9999-16-035-L04-P (1.0 hour knowledge-based CPE credit)
• Describe the burden of poverty as it impacts diabetes mellitus care.
• Distinguish mechanisms that can help.
• Identify how social services, education and pharmacy to alleviate the burden.

2:45 to 3:45 p.m.
Lifestyle Choices for Prevention and Intervention in Diabetes
Gregory Hand, Ph.D., MPH
ACPE UAN 0072-9999-16-036-L04-P (1.0 hour knowledge-based CPE credit)
• Discuss the epidemiological evidence that lifestyle choices significantly affect the risk and prevalence of diabetes.
• Describe the current understanding of the guidelines for healthy eating and physical activity.
• Describe the risk associated with diabetes as a comorbidity.
• Identify the special concerns and appropriate adjustments associated with lifestyle changes and their effect on blood sugar levels.

3:45 – 4:00 p.m. - Break

4:00 to 5:00 p.m.
Unravelling the Underlying Truth in Chronic Disease
Clay Marsh, M.D.
ACPE UAN 0072-9999-16-037-L04-P (1.0 hour knowledge-based CPE credit)
• Contrast the definitions of health and disease
• Discuss the role of insulin receptor activation and downstream pathways on aging and diabetes
• Identify successful approaches in WV and the world to control DM management

Conference Learning Objectives

Thursday, May 5, 2016, 8:30 a.m. – 3:15 p.m. (Total of 4.0 hours CPE credit possible)

8:30 to 9:30 a.m.
Addressing Food Insecurity, Diabetes and Chronic Disease through Community Food Systems and Choice Food Pantries
Daniel Remley, Ph.D., MSPH
No Pharmacy CE Credit Available For This Session
• Describe how choice food pantries can be organized to promote nutrition and address the needs of people with diabetes and other chronic conditions.
• Plan how pantry volunteers and staff can be trained to help clients with diabetes and other chronic conditions make healthy choices within the pantry.
• Explain how food pantries can procure healthy foods through food drives.

9:30 – 9:45 a.m. - Break

9:45 to 10:45 a.m.
Role of carbohydrate restriction in prevention and management of type 2 diabetes
Barbara Gower, Ph.D.
ACPE UAN 0072-9999-16-038-L04-P (1.0 hour knowledge-based CPE credit)
• Explain how carbohydrate restriction under weight loss conditions leads to selective depletion of body fat and retention of lean mass.
• Describe how carbohydrate restriction decreases HbA1c and allows for reduction or elimination of medication use in patients with type 2 diabetes.
• Describe carbohydrate restriction as the first approach for treating type 2 diabetes.

10:45 to 11:45 a.m.
Do we care enough about diabetes education? The SHOCKING truth
Linda Siminerio, Ph.D., R.N., CDE
ACPE UAN 0072-9999-16-039-L04-P (1.0 hour knowledge-based CPE credit)
• State the evolution of diabetes education
• Describe the current state of health care and diabetes education
• Identify future direction and opportunities for self-management education and support

11:45 a.m. to 1:15 p.m. - Lunch

1:15 to 2:15 p.m.
Improving Outcomes for People with Diabetes and Kidney Disease
Andrew Narva, M.D., FACP, FASN
ACPE UAN 0072-9999-16-040-L04-P (1.0 hour knowledge-based CPE credit)
• Describe the burden of chronic kidney disease due to DM (DKD) in US
• Identify laboratory tests for diagnosing and monitoring DKD and assessing risk for progression
• Describe interventions to slow progression of DKD
• Identify population management strategies for reducing the burden of CKD

2:15 to 3:15 p.m.
Translating Diabetes Prevention and Management into Appalachian Communities
Ranjita Misra, Dr.PH
ACPE UAN 0072-9999-16-041-L04-P (1.0 hour knowledge-based CPE credit)
• Describe diabetes screening using non-invasive and invasive methods.
• List evidence-based lifestyle programs to prevent or manage diabetes
• Describe the preliminary effectiveness of a community-based diabetes prevention and management program

3:15 to 3:30 p.m. - Break
3:30 to 5:30 p.m.
Short Oral Presentation (to be determined based on abstract submissions)

5:30 p.m. - Break

6:00 to 7:00 p.m.
Academic Posters; authors present beside posters (number and topics to be determined based on abstract submission)

6:00 to 8:00 p.m.
Commercial and Agency Exhibits, Reception

Conference Learning Objectives
Friday, May 6, 2016, 8:30 a.m. – 12:00 p.m. (Total of 3.0 hours CPE credit possible)

8:30 to 9:30 a.m.
Sweet Nothings: The Role of Sugar and Nonnutritive Sweeteners in Weight Management for Children and Adolescents
Cindy Fitch, Ph.D., RD
ACPE UAN 0072-9999-16-042-L04-P (1.0 hour knowledge-based CPE credit)
- Identify nonnutritive sweeteners (NNS)
- Describe regulation of food additives
- Describe the effects of sugar and NNS on weight-related outcomes in children and adolescents
- Cite research describing potential risks and benefits of sugar and NNS in children and adolescents

9:30 to 10:00 a.m. - Break

10:00 to 11:00 a.m.
Lifestyle Modification to Improve Glucose Intolerance in Obese Youth
Mary Savoye-DeSanti, RD, CD-N, CDE
ACPE UAN 0072-9999-16-043-L04-P (1.0 hour knowledge-based CPE credit)
- Specify two to three diet changes to promote weight loss in obese youth and prevent diabetes.
- Describe two appropriate activities and effective duration for obese youth.
- List and describe three important components necessary for weight loss and diabetes risk reduction in obese youth.

11:00 a.m. to 12:00 p.m.
Improving family management of type 1 diabetes: practical approaches for the healthcare provider
Tonja R. Nansel, Ph.D.
ACPE UAN 0072-9999-16-044-L04-P (1.0 hour knowledge-based CPE credit)

- Identify key developmental, nutritional, and family factors that influence diabetes management in youth with type 1 diabetes.
- Describe behavioral approaches that may be implemented in clinical practice to assist families in improving diabetes management.

12:00 p.m. Wrap Up and Adjourn

The West Virginia University School of Pharmacy (WVUSoP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education (CPE). This program has been approved for up to 13 contact hours (1.3 ceu’s) of CPE. The number of CPE contact hours per day are Wednesday (ACPE UAN 0072-9999-16-034 to 037 –L04-P) – up to 6; Thursday’s (ACPE # 0072-9999-16-038 to 041-L04-P) – up to 4.0; and Friday (ACPE # 0072-9999-16-042 to 045-L04-P) – up to 3. Credit will be given only for the activities attended and no partial credit will be awarded. The WVU SoP reports your participation to NABP CPE Monitor within 4 to 6 weeks for all participants who successfully complete each activity. Successful completion includes attending the entire activity, signing the attendance sheets, and completing an online evaluation form for each activity attended. A transcript of your CPE may be printed from NABP CPE Monitor or a statement of credit, if needed, may be printed on-line at https://pharmacyce.wvu.edu/user/login.